

MEALS

ON

WHEELS

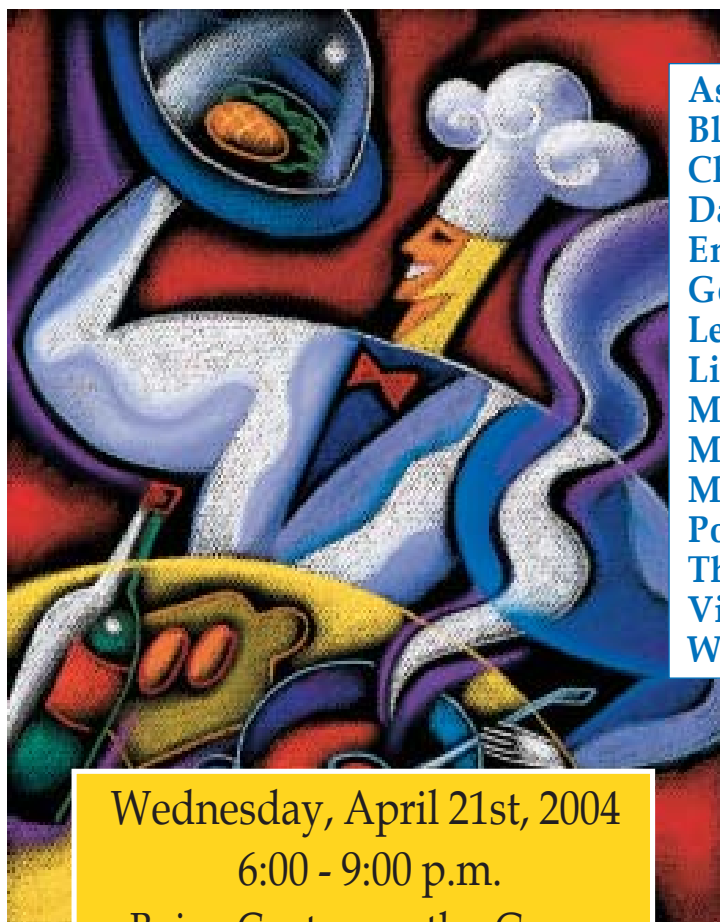
spring 2004



# The MEAL TIMES

To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

## 7th Annual Culinary Walk-About A Benefit For Meals On Wheels



### Participating Restaurants:

Asiago's Ristorante  
Blue Moose Café  
Chef Richard Langston  
Dawson Taylor Coffee Roasters  
Emilio's  
Goody's  
Le Café de Paris  
Life's Kitchen  
Milford's Fish House  
Mortimer's Idaho Cuisine  
Murphy's Seafood & Steakhouse  
Poblano's  
The Milky Way  
Villano's Specialty Market & Deli  
Westside Drive-In & Catering

Wednesday, April 21st, 2004  
6:00 - 9:00 p.m.  
Boise Centre on the Grove  
\$40 per person

**AUCTION  
MUSIC**  
(by Boise Straight Ahead)  
**TO RESERVE TABLES,  
CALL 327-7460.**

extra, extra, read all about it!!!

## Elmore County and Ada County Meals-on-Wheels Program Board of Directors

### **Renee Bergquist**

Director, Financial Control  
Albertson's

### **Mike Fritz**

Manager, Training & Development  
Idaho Power

### **Shane Jensen**

Electrical Designer,  
Engineering Consultants Inc.

### **Maria Minicucci**

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City of Boise

### **Anneliese Olson**

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### **Joe Pellegrini**

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### **Michelle Hicks**

HR Communication Coordinator,  
Micron Technology

### **Angela Spain**

Office of Health Services for Seniors  
Central District Health Department

### **Chris Thomas**

Writer in Private Practice

## **The MEAL TIMES**

Published by: Meals On Wheels  
707 N. Armstrong Pl., Boise, ID 83704  
(208) 327-7460

Angela Spain, Supervisor  
Health Services for Seniors  
Pamela Sparks, Newsletter Editor  
Lance Corpus, Designer

## Volunteer Spotlight Idaho Pacific Lumber



"As a company we decided to give Meals on Wheels a try as a way to give something back to the community. I was overwhelmed with the interest from the employees. We have about 80% participation of the employees in our Boise office. What we are finding is that it is a way to give back to our community but at the same time we are blessed by it too. We look forward to a long relationship with Meals on Wheels."

## Days to Remember



March 17th	St. Patrick's Day
March 20th	Spring Begins
April 4th	Daylight Savings
April 11th	Easter Sunday
May 9th	Mother's Day
* May 31st	Memorial Day
June 20th	Father's Day

\* No Meal Delivery

## SPECIAL THANK YOU! Girl Scout Troop #25

Girl Scout Troop #25 from the Highland and Adams Elementary 4th grade class donated 65 boxes of Girl Scout cookies to Meals on Wheels. The Girl Scouts will be hand delivering the cookies to some of our Northend homebound Seniors.

## Way To Go Girl Scouts!!!

# Explosive Growth Continues For Meals On Wheels Program



Today, as I sit at the computer pecking out this article, about 500 homebound people in Ada and Elmore Counties are having a nice, hot lunch of baked chicken, cheesy mashed potatoes, dilled green beans, a carrot-and-pineapple salad, bread, and milk. Okay, it's not exactly headline news! But, as a long time Meals on Wheels volunteer and current Board member, that thrills me.

Most people know a little bit about Meals on Wheels—what they piece together from occasional news stories, or from personal knowledge of a senior citizen who uses the service. What they may not realize is that it takes a small army of dedicated people and a lot of funds from a variety of sources to get that baked chicken out the door! It is a constant, intricate juggling act that involves a staff of 22 and 290 volunteers, plus assorted food suppliers, vehicles and commercial kitchen equipment, all working correctly and on cue. The system springs into action each and every weekday, with impressive results: 115,539 hot meals delivered in 2003, including almost 12,000 to Mountain Home and Glenns Ferry seniors. Another 86,000 meals are served at 10 Senior Centers around the area that provide a chance for friends to visit with each other over lunch.

2004 marks Meals on Wheels' 30-year anniversary in Southeast Idaho, and the future looks even busier than the present. The growth of Idaho's senior population is explosive, up 25% between 1990 and 2000. Today, 11% of Idahoans (146,000) are age 65 or over; the figure will be 20% (350,000) by 2020, and the number of Idaho residents over age 85 is growing five times faster than our state's overall population.

Meals on Wheels daily deliveries have grown accordingly—from 178 meals in 1990, to 273 in 2000, to 500+ today.

"We piece together amounts from many different funding sources to meet our annual budget, which is over \$600,000 a year now," says Angela Spain, Program Manager of Central District Health Department's Office of Health Services for Seniors. "The money from government programs really hasn't grown to keep up with the needs, so we're always planning a fundraiser or applying for a grant to make up the difference."

The 9-person volunteer Board of Directors assists in these efforts. Companies and individuals that volunteer to deliver food (on 20 of our 24 routes) are another huge financial help to the program.

Most senior households have little or no chance of increasing their incomes, and a far greater chance of increased expenses to eat away at their available resources. Since their major asset is often their home, they want to remain in it as long as possible. It represents comfort and independence. It also comes with built-in problems.

"Transportation is a big need, particularly in the rural communities," says Gioia Frahm of the Idaho Commission on Aging. "Our objective is to keep people in their own homes as long as possible, but I would say the Number One problem is that there's just not the family support there once was, and that's a social issue. People have had smaller and smaller families; older people don't live with their relatives; and geographically, retirees are not necessarily anywhere near their adult children anymore."

What this means for Meals on Wheels is a unique chance to step in and fill the social gap. We are fond of saying, 'It's more than a meal,' and that is true. A new survey by Kevin Taylor and Dr. Tedd McDonald of the Boise State University Psychology Department asked our Meals on Wheels clients what they think of the program. Some highlights:

- 75.1% said it helps them remain in their own homes.
- 71.8% said it helps them save money.
- 88.7% said contact with the Meals on Wheels delivery person "improves my life."

My final thought is that Meals on Wheels improves the lives of more than the seniors who receive the food. It helps the volunteers as well. In the 7 years I ran my route, I feel certain my son had more grandparents, who pinched his chubby toddler cheeks more frequently and lovingly, than any kid in the county! No matter what kind of turmoil I had in my personal or professional life, it was a relief to set it aside once a week and focus on someone else's needs. I met family members, played with pets, ran an occasional errand, and had some wise and funny conversations on the days I could manage to stay a little longer. Sadly, I attended a few funerals, too.

Yes, today Meals on Wheels is baked chicken, served hot and with a smile. Day after day, it is so much more. Surely, as the program continues to grow, so will the number of people who care deeply enough about our aging community to participate.

- Chris Thomas has been a Meals on Wheels volunteer, in Boise and in Dallas, Texas, since 1985.

# MONETARY DONATIONS

Juanita Adams • Alchem Laboratory • American Legion Post #2 • Frank & Mary Anderson • Arid Club Employees  
Ronald & Brenda Arndt • Bruce Beck • Brad & Renee Bergquist • Andy & Ronna Bond • Bob & Ann Brannam  
• Nancy Brown • Stephen & Anne Brown • WM & Stephanie Burgess • Marvin & Joanna Buster • Jeffrey & Terry  
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Janice Tweeten • Joseph & Phyllis Ungerer • United Water Idaho • Unity Center Of Boise • Richard & Jean  
Vandenburg • Jacqueline Wakagawa • Weyerhaeuser • Bruce & Katie Williams • Barbara Wilson • Wine Community  
Benefit • David & Susan Wishney • Greg & Victoria Wonacott • David Wong • Virginia & William Woolley  
Shirley Young • Wendra Zasio

*Thank You!*

## DON'T SELL THAT CAR!

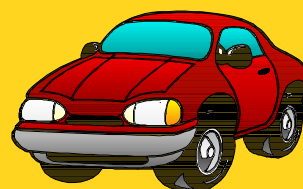
### Donate It Instead.

Your car donation will be turned into much  
needed funds to benefit Meals on Wheels.

Meals on Wheels has been delivering meals to the Treasure Valley since 1974.  
Please help us keep the meals coming by donating your old vehicle today!

**Please call: Jeremiah Shapel at (208) 703-8417**

Restrictions may apply.



- Tax Deductions • Free pick-up • Running or not
- We cover all paper work.

## Recipient Spotlight . . . *Ethel Butler Coleman*

Ethel Butler Coleman age 92 a native of Idaho and a long time resident of Glens Ferry, was born January 24, 1912 to Lester and Ada Buttler in clover creek Idaho.

When Ethel was approximately 5 or 6 years old her father got a job at the Liberal guard station, now known as Little Smoky guard station. Ethel recalls, that they lived in a tent by the Boise River just outside of Featherville. "It was cold and, I mean it was shivering cold. I can still remember the freezing cold on my face, it hurt so bad. My sister, brothers and I lay there huddled together trying to stay warm. I remember the drops of dew or rain dropping on our faces from the tent, it seemed that we would never again get warm."



Later Ethel moved to Pine, Idaho where she started school in a one room schoolhouse. Two years later Ethel moved to Gooding, Idaho where she spent the rest of her school years. Ethel's mother was the school-teacher and wanted her to become a schoolteacher also.

At the age of 21 Ethel fell in love with Herbert Coleman and they ran off and eloped. They returned to Gooding without anyone knowing what they had done and they kept it a secret until one day her mother found Ethel's wedding ring. "Boy, was mom mad. Now when I look back I know that we had hurt my mother by running off and getting married."

Ethel recalled a time when she and Herb were hired as hands on a cattle drive to take the cattle to pasture for the winter. "I rode a big horse but I had no saddle for it. I had the best time of my life." It took several days to move 250 head of cattle across the country; they used a sheepherder's wagon for supplies. Just before night they would make camp, Ethel was the cook, beans were the diet!! "I remember that the stars were so large and brilliant out there. You could hear the night sounds a mile away. We were so exhausted, but yet so peaceful. It was a time I will never forget. I can still hear, and smell, it like it was yesterday. I treasured every moment of it."

Ethel worked for the telephone company as a switchboard operator and was promoted to supervisor. She retired after 27 years of service at the age of 63.

In 1986 Herbert became seriously ill and died from unknown complications.

In 1989 Ethel moved to Glens Ferry next to her sister Lucille where she resides today. Ethel started to go to the Senior center in the 1990's and now receives home delivered meals. She greatly appreciates the home delivered meals and those who deliver them.

By: Linda Heath



Happy Easter!

## Easter Meal Delivery

Again this year, we are planning an Easter meal delivery on Sunday, April 11. The food will be packaged and ready for pickup at the Boise Senior Center, 690 Robbins Road, at 1 p.m.

If you are interested in delivering Easter meals this year, please contact Pamela Sparks at 327-7460 by April 1.

Your generous donation of time is greatly appreciated by our homebound neighbors.



## Honorariums & Memorials

Honorariums and memorials are gifts made in honor of, or in memory of, a person in your life. A gift made in honor of a special person may be given at any time, or on occasions such as birthdays, anniversaries, Mother's Day, Father's Day, Valentine's Day, graduation...

Memorials are made in memory of a loved one who has passed away. There is nothing more precious than the memory of a loved one, expressed in a tangible way. A monetary gift to Meals on Wheels provides nutritional sustenance for someone in need. Each gift is gratefully acknowledged to the family. When making honorariums and memorials, please be sure to include the name and address of the person you are honoring, or in the case of memorials, who you wish to be acknowledged.

For your convenience, you can use the coupon at the right. Your thoughtful gift not only helps Meals On Wheels, but it is also a wonderful way to honor and remember friends and relatives. If you would like further information please call Pamela Sparks at 327-7460.



Meals on Wheels  
707 N. Armstrong Pl.  
Boise, ID 83704

trim out and mail to: Meals On Wheels, 707 N. Armstrong Pl., Boise, ID 83704

### Honor & Remember

The enclosed gift is

- ☐ In honor of:  
☐ In memory of:



Please remit to:  
Meals on Wheels  
707 N. Armstrong Pl.  
Boise, ID 83704  
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☐ Mr. ☐ Mrs. ☐ Miss ☐ Ms. \_\_\_\_\_

Address \_\_\_\_\_

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This gift is made by:

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**The**  
**MEAL TIMES**

# Much More Than A Meal!